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Date: April 18, 2020

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For Immediate Release

St. Ignace Rock and Run Goes Virtual!

Proceeds Help Support Mackinac Straits Hospital Response

(St. Ignace) – This year’s annual Rock and Run event has gone virtual! Instead of participants running and walking through downtown St. Ignace, they will be encouraged to participate virtually from anywhere.

“Due to concerns surrounding COVID-19, we had to make several adjustments to allow this event to take place,” said Mike Grisdale, director of the Mackinac Straits Health (MSH) Foundation. “Unfortunately, we won’t have the tent set-up downtown, or have volunteers playing music along the route. But, we are excited to see the response of so many people who have registered, so far.”

The 2020 Rock and Run includes a 10-K run and a 5-K run/walk. Registration is \$25 per person for either distance. All levels are welcome.

“People can participate from any location, their backyard, nearby trail, or even on a treadmill,” said Kim North, event coordinator for the MSH Foundation. “Of course, we urge everyone to follow social distancing guidelines no matter where they are running or walking.”

Registration is online by visiting the Events page at www.mackinacstraitshhealth.org. Deadline is May 15, From 8:00 .m., Friday, May 15 to 7:00 p.m., Sunday, May 17, participants can post their results on the event Facebook page, “Virtual St. Ignace Rock & Run”, and use their own social media profiles with #stignacerocknrun. Each participant receives a commemorative tech-shirt along with a finisher’s medal.

“We are also encouraging everyone to keep with the theme and listen to their favorite tunes during their run or walk,” added North.

“This event is always a lot of fun, and it serves a great purpose,” said Grisdale. “We are promoting a healthy lifestyle, bring about awareness of our organization, and raise money to enhance our services. It wouldn’t be successful without community support. We are so happy to have Star Line Mackinac Island Ferry as our presenting sponsor again this year.”

For more information on sponsorships or registration, call (906) 328-0006.

Proceeds from the 2020 Rock and Run help the MSH Foundation support Mackinac Straits Hospital with its response during the pandemic. These funds will be directed to help pay for things like personal protection equipment to keep hospital employees and patients safe.